



Mold: These can grow almost anywhere there is water damage, high humidity, or dampness.

Radon gas: The only way to know whether your home has an elevated radon level is to test.



Lead exposure: Homes built before 1978 pose the highest health risk.

TEST BEFORE YOU REST!

Partners in Prevention

Asthma Resources:
www.epa.gov/iaq/asthma

The National Lead Information Center:
1-800-424-LEAD
Internet: www.epa.gov/lead

Mold Resources:
www.epa.gov/iaq/pubs/moldresources.html

Contact the Kansas Radon Program
Hotline at 1-800-693-5343
for low cost test kits

Kansas Department of Health and
Environment
Suite 200
1000 SW Jackson
Topeka, KS 66612

Phone: 1-866-UnleadedKS
Fax: (785) 296-5594
www.unleadedks.com

Sources: EPA, HUD, KDHE, and
K-State Extension Documents



Kansas Department of Health & Environment

Healthy Homes



*Safety advice concerning
mold, radon gas, and
lead poisoning*

1-866-UnleadedKS
www.unleadedKS.com

DANGERS IN THE HOME

Questions & Answers

PREVENT & PROTECT

MOLD: It can grow on materials with a high cellulose content - such as drywall sheetrock, dropped ceiling tiles, and wood - that become chronically moist or water-damaged, due to excessive humidity, water leaks, condensation, or flooding.

RADON: This odorless gas can accumulate in the lower levels of homes where it can adversely affect human health. As concentrations of radon increase, there is a greater chance of contracting lung cancer. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.



KDHE programs are designed to reduce exposure to lead hazards. Before beginning work on your own or with a contractor, consult KDHE.

LEAD POISON: Lead enters the body by either inhaling or ingesting the lead directly. Some sources of lead hazards include paint in homes built before 1978, living with an adult whose job or hobby involves lead, imported pottery or ceramic ware for cooking, eating, or drinking, and vinyl mini-blinds made before 1996.

How can mold affect your health?



Mold may cause or worsen conditions such as asthma, hay fever, or other allergies. The most common symptoms of overexposure are cough, congestion, runny nose, eye irritation, and aggravation of asthma.

Who can test a building

for radon? You can use a "do-it-yourself" test kit to check your building. After being exposed to the building air for a product-specified time period, the kits must be returned to an analytic laboratory.



Is lead poisoning still a threat to children's health?



The number one environmental threat to children is lead poisoning. Children are most often exposed to lead by regular hand to mouth activity after touching window sills or floors that have lead dust present. Remodeling activities increase risk of exposure.

MOLD

- **Keep it clean:** Keep surfaces/textiles clean
- **Keep it dry:** Use air conditioners and dehumidifiers; exhaust fans in bathrooms/kitchens; maintain roofs and windows
Where mold growth has already started or is likely to start, add a third strategy:
- **Disinfect It:** Clean with a bleach solution and trisodium phosphate detergent

RADON

- **Insulate:** Seal cracks at soil level in basement
- **Test:** Periodically test basement and ground-level living areas
- **Install:** Install soil gas suction system in basement

This method can be inexpensive if installed when a house is first being built.

LEAD

- **Test:** Have a blood lead test performed on your child
- **Inspect:** Check your home for lead hazards
- **Clean thoroughly:** Wet-wash floors, window sills and furniture weekly
- **Diet:** Make sure your children eat properly
Serve balanced meals rich in Vitamin C, iron and calcium. Limit fried foods and fats.